

CORONAVIRUS

General Protective Measures



Keep at least 1.5 m distance to others!



Wash your hands regularly and thoroughly with **soap and water** for **20 seconds**, especially after going to the toilet and before consuming any food.



Cough and sneeze into the **inside of your elbow** or **handkerchief**, not into your hand.



Do not touch your face with your hands.



Do not shake hands.



Avoid face-to-face meetings. Use telephone and video conferencing instead.



Avoid buses and trains to protect against infection. Use a bike and car instead.



Stay at home if you have a cough and high temperature.



If you suspect you might have the virus, only go to the doctor after making an appointment first.



Separate use of hygiene articles and towels.



Thoroughly clean contaminated contact surfaces at work (e.g. toilets, workplace) and disinfect if necessary.